

# **MORRIS COUNTY PARK POLICE DEPARTMENT**

## **2021 POLICE OFFICER RECRUITMENT PROCESS**

### **PHYSICAL AGILITY TEST**

The Morris County Park Police Department physical agility test shall consist of:

1. 300 meter run
2. Push-ups
3. Measured vertical jump
4. Sit-ups
5. 1.5 mile run

Failure to successfully complete any of the five components will end the testing process and eliminate the applicant from further participation.

Remediation and re-testing are not authorized under any circumstances.

To successfully pass the physical agility test, the applicant must complete:

1. 300 meter run in 70.1 seconds or less
2. 24 push-ups in 60 seconds or less
3. Vertical jump of 15 inches or more
4. 28 sit-ups in 60 seconds or less
5. 1.5 mile run in 15:55 minutes or less

In order to participate in the physical agility test, the applicant must present proof of medical clearance to the Morris County Park Police Department, certified by a physician chosen by the applicant, no more than 30 days prior to the date of the test, on a form prescribed by the Department. Any cost for medical clearance and certification shall be the responsibility of the applicant.